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Make a difference in your child's life

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You may be eligible for nutrition education, breastfeeding information, and healthy foods provided by your local WIC clinic.

DHS
Illinois Department of Human Services

Illinois WIC

WIC may be able to help you if you . . . .

- Are pregnant or breastfeeding
- Have an infant or children up to age 5
- Are working with limited income or have no income
- Want to improve your family's health with good nutrition

WIC provides healthy foods such as:

- milk
- eggs
- cheese
- juice
- cereal
- dry beans or peas
- iron-fortified infant formula

Are you eligible for WIC?

Three factors must be met:

- **Category** – You must be:

  A pregnant woman or breastfeeding up to one year after giving birth;

  A new mother, up to six months after giving birth; or

  A parent, guardian or caretaker who has an infant or child younger than 5 years of age.

- **Income**

  Your annual household income must be within WIC Guidelines.

  You may have a job and still meet these guidelines (For example, a family of four can earn $32,653).

- **Medical or Nutrition Health Risk**

  A screening by a WIC Certifying Health Professional must find that you have a medical or nutritional health risk such as low iron, low weight gain during pregnancy, or inadequate diet.

Any infant or child on WIC or qualifying for WIC must come to the clinic

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For more than 25 years the WIC program has been helping mothers, babies and children get the foods they need for proper growth and development.

At your first visit to a WIC clinic, please bring the following with you:

- **Identification**
  Example: Driver's license, photo ID
- **Proof of pregnancy**
  Positive pregnancy test
- **Proof of income**
  Your last two paycheck stubs, income tax form, Medicaid or Food Stamp ID, or KidCare card
- **Proof of residency**
  Example: your utility bill or recent mail
- **Proof of birth**
  Birth certificate for your infant or child
- **Proof of immunizations**
  Shot records

WIC does not require proof of citizenship or alien status

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What is WIC?

Even if you or your family members are working, it can be hard to make ends meet. The Women, Infants and Children Program (WIC) may be able to help with the right food and advice on nutrition, health care, and immunizations.

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. It is administered in Illinois by the Department of Human Services (DHS) and is funded by the United States Department of Agriculture (USDA)

WIC is a federal nutrition program that provides:

- Nutrition Education
- Nutrition Counseling
- Breastfeeding Support
- Nutritious Foods
- Referrals to Other Services

WIC helps parents to feed their children properly during critical periods of growth and development. The combination of nutrition education, nutritious foods, and yearly health care visits strengthens families long after their WIC eligibility has ended.

Call your WIC clinic and schedule an appointment today.

To find out more about WIC and the clinic nearest you, call 1-800-323-GROW (1-800-323-4769) (Voice and TTY)

WIC supports every mother's choice to breastfeed.

For more information:

Call or visit your local Department of Human Services office.

If you have questions about any Department of Human Services (DHS) program, call or visit your local DHS office. We will answer your questions. If you do not know where your local DHS office is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

1-800-252-8635

1-800-447-6404 (TTY)

You may speak to a representative between:

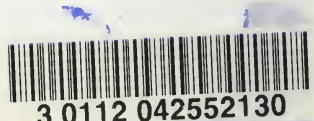
8:00 a.m. - 5:30 p.m.
Monday - Friday (except state holidays)

For answers to your questions, you may also write:

Illinois Department of Human Services
Bureau of Customer and Provider Assistance
425 South 4th Street
Springfield, Illinois 62701

Visit our web site at:

www.state.il.us/agency/dhs



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